

Handheld Computer Smoking Intervention Tool **(HCSIT) 2.0 Palm Version Manual**



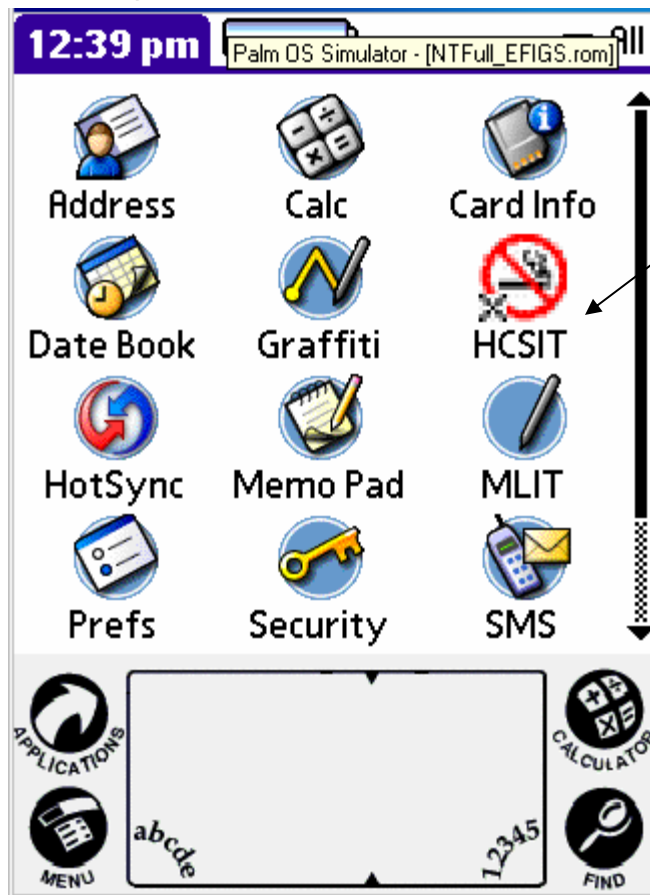
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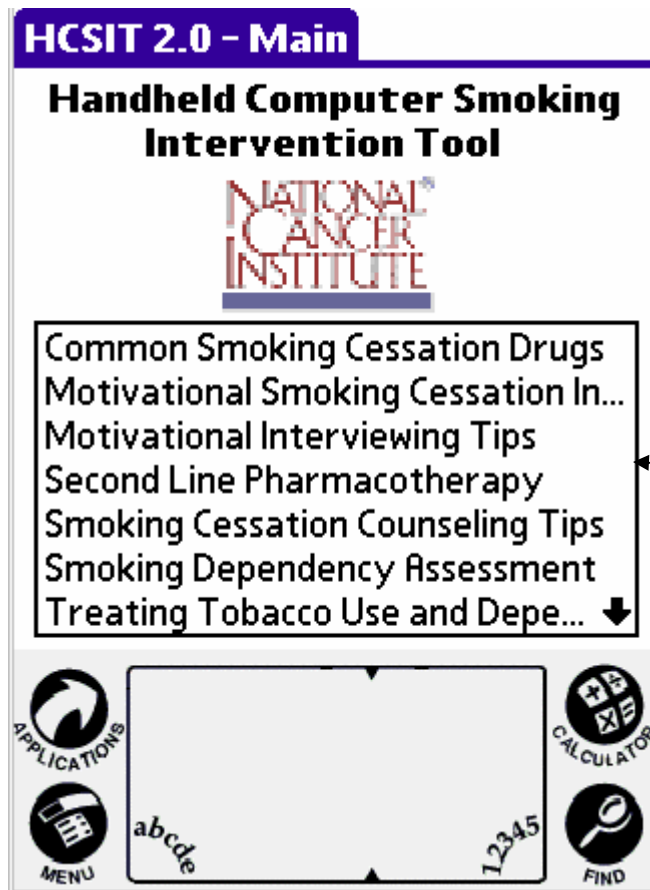
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Starting HCSIT



Click the HCSIT icon

Main Screen

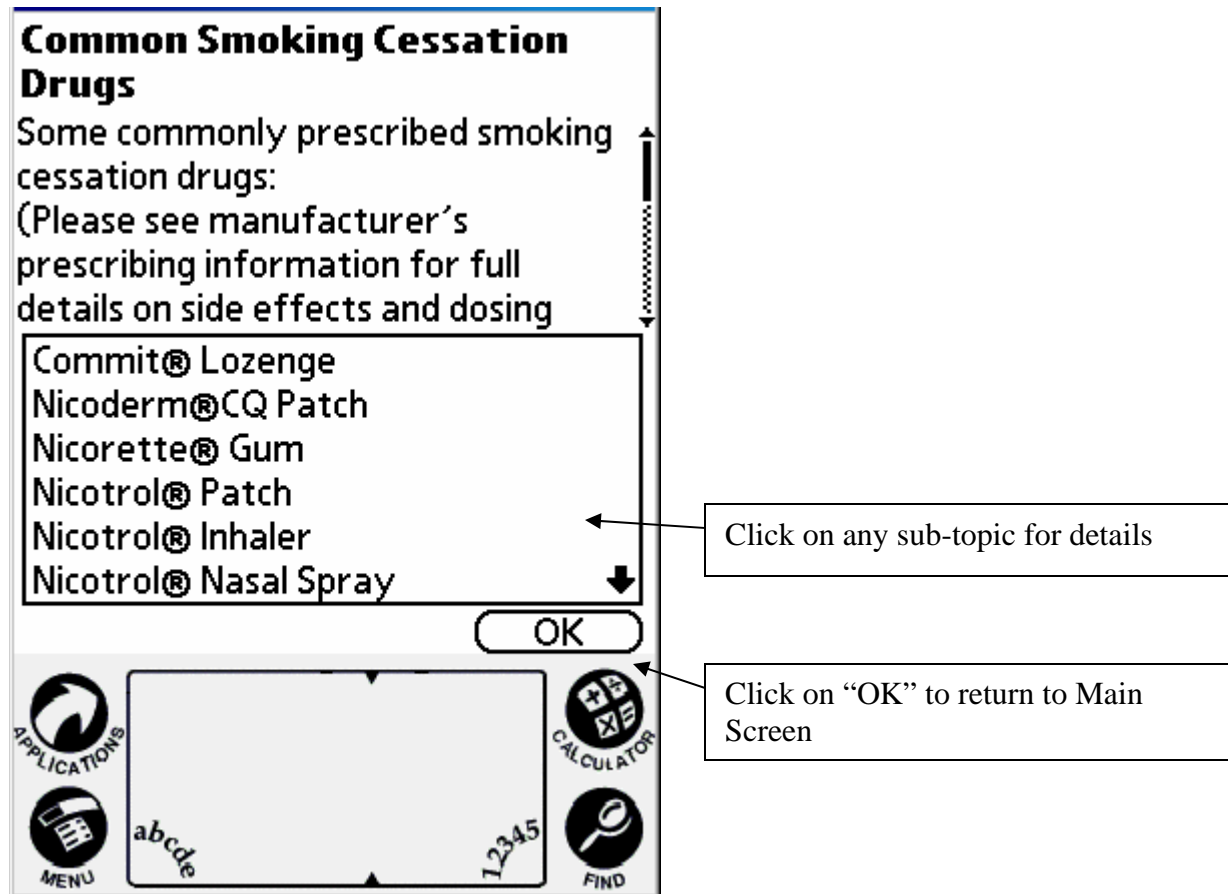


The Main Screen shows a list of topics. Click on any Topic for more details.

Topics with multiple Sub-Topics

The following topics have multiple sub-topics:

- Common Smoking Cessation Drugs (Sub-Topics are individual drugs)
- Motivational Interviewing Tips
- Motivational Smoking Cessation Interviewing
- Second-Line Pharmacotherapy (Sub-Topics are individual drugs)
- Smoking Cessation Counseling Tips – 5 As



Commit® Lo [Palm OS Simulator - [NTFull_EFIGS.rom]]

<< Page 1 of 1 >> OK

PRESCRIBING INFO: Have patient place a Commit Lozenge in their mouth and allow it to dissolve slowly. They should not chew or swallow it as they won't absorb the correct dose of medication if this is done. Consuming the lozenge too fast can also lead to heartburn or indigestion.

Tingle: Advise patients they may

Click on "Return To List" to return to the list of sub-topics.

HCSIT 2.0 Contains additional Pregnancy and Lactation information for drugs. Scroll down to view this information.

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Topics arranged by page

The following topics are arranged page-wise:

- Smoking Cessation Resources
- Treating Tobacco use and Dependence

Treating Tobacco Use and Dependence

<< Page 1 of 1 >> OK

REFERENCE: 'Treating Tobacco Use and Dependence', U.S. Department of Health and Human Services, Public Health Service, June 2000

FINDINGS AND RECOMMENDATIONS

The key recommendations of the updated guideline, Treating Tobacco Use and Dependence, based on the

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Smoking Dependency Assessment (Fagerstrom Questionnaire)

Smoking Dependency Assessment

How soon after you wake up do you smoke your first cigarette?

▼ ≤5 min

Do you find it difficult to refrain from smoking in places where it is forbidden (e.g. church, library, cinema etc.)?

☐ Yes ☐ No

Next >>

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Tap on Dropdown Menu to view a list of options

Smoking Dependency Assessment

How soon after you wake up do you smoke your first cigarette?

Do you find smoking in public places forbidden (e.g. church, library, cinema etc.)?

☐ Yes ☐ No

Next >>

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≤5 min
6 - 30 min
31 - 60 min

Tap on option to select it.

Tap on arrow for more options

Smoking Dependency Assessment

How soon after you wake up do you smoke your first cigarette?

▼ ≤5 min

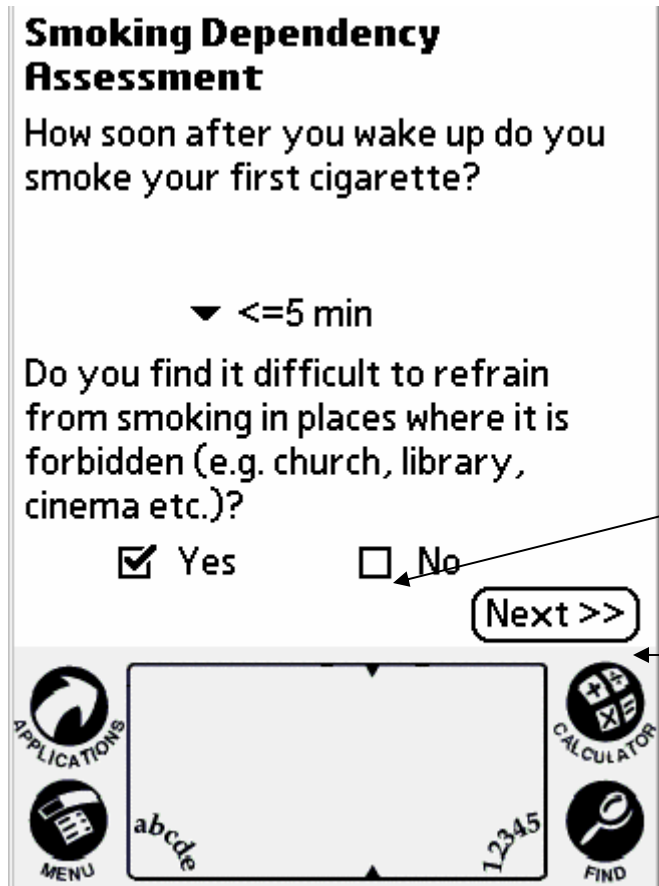
Do you find it difficult to refrain from smoking in places where it is forbidden (e.g. church, library, cinema etc.)?

☒ Yes ☐ No

Next >>

Tap on squares to select Yes or No

Tap on "Next >>" to go to the Next Page



Smoking Dependency Assessment

Which cigarette would you hate most to give up?

▼ The first in the morning

How many cigarettes per day do you smoke? (tap on blank below for keypad to click and enter)

.....

Next >>

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Tap in blank line to display calculator

Smoking Dependency Assessment

Which cigarette would you most to give up?

▼ The first in the morning

How many cigarettes per day do you smoke? (tap on blank below for keypad to click and enter)

.....

Next >>

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CALCULATOR FIND

1 2 3
4 5 6
7 8 9
0 OK

Tap on calculator buttons to make an entry into the box

Smoking Dependency Assessment

Which cigarette would you most to give up?

▼ The first in the morning

How many cigarettes per day do you smoke? (tap on blank below for keypad to click and enter)

20.....

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Tap on "OK" when you are done

Smoking Dependency Assessment

<< Page 2 of 2 >> OK

Your Score is 8

High degree of dependence, with more severe withdrawal symptoms, greater difficulty in quitting, and possibly the need for higher doses of medication. As always, use a good clinical judgement in your decision-making, and do not prescribe any medications which are

Click OK to go to the Main Screen

Use the Navigation to go back to the beginning of the questionnaire

At the end of the questionnaire, you will be shown your score and whether your score indicates a high or low degree of dependence.

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